

DO-JANG REGULATIONS

1. Smoking is prohibited
2. Refrain from idle chatter
3. Alcoholic beverages, soft drinks or food are not allowed in the Do-jang
4. Wearing shoes is prohibited
5. No one is allowed to teach without the instructors permission

CONDUCT IN THE DO-JANG

1. Upon entering the do-jang bow to the National flag
2. Bow to the instructor at a proper distance
3. Exchange greetings between students
4. Bow to the instructor upon forming in line before training
5. Recite the Oath prior to training
6. Bow to the instructor upon forming in line prior to dismissal
7. Bow to the National flag before leaving the Do-jang

THE OATH

I shall observe the TENETS of Tae Kwon-Do

I shall respect my instructor and seniors

I shall never misuse Tae Kwon-Do

I shall be a champion of freedom and justice

I shall help to build a more peaceful World

TENETS OF TAE KWON-DO

COURTESY - To be polite to one another To respect other people's possessions.

INTEGRITY - To know what is right and wrong and have the conscience if wrong to feel guilt.

PERSEVERANCE - Work towards a goal. Overcome every difficulty by perseverance.

SELF CONTROL - To be in control of yourself, inside and outside the Dojang.

INDOMITABLE SPIRIT - To deal with justice without hesitation or fear, no matter who or how high the odds.

DEFINITION OF TAEKWON-DO

Tae stands for kick or smash with the foot.

Kwon means to punch or destroy with the hand or fist,

Do means the ' way '.

THEORY OF POWER

The average person uses only 10 to 20 percent of his potential. Anyone, whether big or small can condition himself to use 100 percent of their potential.

REACTION FORCE

Every force has an equal and opposite force. If your opponent runs towards you fast, and you strike his head, the force that you strike his head would be that of his own weight plus your punch. Another reaction force is your own. A punch with the right fist is aided by pulling back the left fist to the hip.

CONCENTRATION

By applying the impact force onto the smallest target area, it will concentrate the force and therefore, increase its effect. For example, the force of water coming out of a water hose is greater if you put your finger over the end.

BALANCE

By keeping the body, well balanced, a blow is more effective and deadly.

BREATH CONTROL

One breath is required for one movement with the exception of a continuous motion.

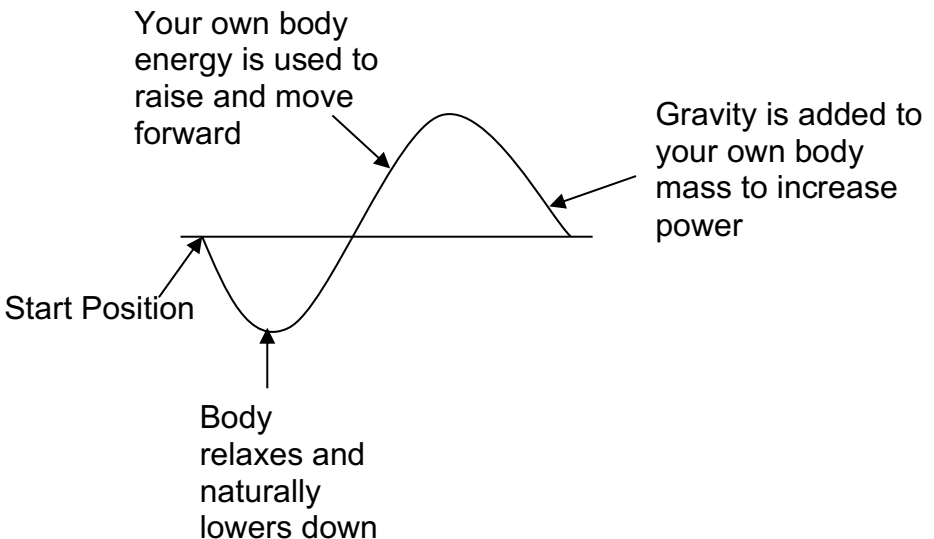
MASS

The maximum force is obtained from maximum body weight and speed.

SPEED

Speed is the most essential factor of power. Scientifically force equals mass multiplied by acceleration.

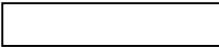

















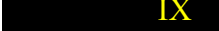
SINEWAVE

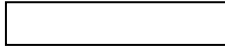


MEANING OF BELT COLOURS

- WHITE** Signifies innocence, as that of a new student who has no previous knowledge of Tae Kwon-Do.
- YELLOW** Signifies Earth, from which a plant sprouts and takes root as Tae Kwon-Do foundation is being laid.
- GREEN** Signifies the plants growth as the Tae Kwon-Do skills begin to develop.
- BLUE** Signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do Progresses.
- RED** Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
- BLACK** Opposite of white, therefore signifying the maturity and proficiency in Tae Kwon-Do, also indicates the wearers imperviousness to darkness and fear.

Rank Belt Colours

10 th kup	
9 th Kup	
8 th kup	
7 th Kup	
6 th Kup	
5 th Kup	
4 th Kup	
3 rd Kup	
2 nd Kup	
1 st Kup	
1 st Dan	
2 nd Dan	
3 rd Dan	
4 th Dan	
5 th Dan	
6 th Dan	
7 th Dan	
8 th Dan	
9 th Dan	



10th Kup Revision Sheet

1. What does white belt signify?
2. Where does Tae Kwon Do come from?
3. What does Tae Kwon Do mean?
4. What are the Tenets of Tae Kwon Do?
5. What is your suit called?
6. What is your Instructors name and grade?
7. Who is the founder of Tae Kwon Do?

Words to know

Forefist - Ap joomuk
Backfist - Dung joomuk

Inner Forearm Block - An Palmok Makgi
Outer Forearm Low Block - Bakat Palmok Najunde makgi

High Section - Nopunde
Middle Section - Kaunde
Low Section - Najunde

Counting in Korean

- | | |
|----------|-----------|
| 1. Hana | 6. Yausut |
| 2. Dool | 7. Ilgope |
| 3. Set | 8. Yaudul |
| 4. Net | 9. Ahope |
| 5. Tasut | 10. Yaul |



9th Kup Revision Sheet

Pattern: Chon-Ji – 19 moves

Means literally the “the Heaven the Earth”. It is in the orient, interpreted as the creation of the world or the beginning of Human history, therefore it is the pattern practised by the beginner.

Yellow Belt - Signifies Earth, from which a plant sprouts and takes root as Tae Kwon-Do foundation is being laid.

New Moves

L - Stance - Niunja Sogi

Three Step Sparring - Sambo Matsoki 1-3

Parts of the Body

Ball of Foot - Ap kumchi
Footsword - Balkal
Knifehand - Sonkal



8th Kup Revision Sheet

Pattern: Dan-gun – 21 moves

Is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

New moves

- | | | |
|----------------------------|---|------------------------|
| Twin forearm block | - | Sang Palmok Makgi |
| Forearm guarding block | - | Palmok Daebi Makgi |
| Knifehand guarding block | - | Sonkal Daebi Makgi |
| Knifehand side strike | - | Sonkal Yop Taerigi |
| Rising Block | - | Chookyo macki |
| High section obverse punch | - | Napunde Baro ap jirugi |
| Three Step Sparring | - | Sambo Matsogi 1 - 6 |

Continuous Motion

Moves 13 and 14 are carried out in continuous motion in Dan Gun. This allows one technique to flow directly into another ie 1 breath 2 techniques.



7th Kup Revision Sheet

Pattern: Do-San – 24 moves

Is another name of the patriot Ahn-Chang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement.

Green belt - Signifies the plants growth as the Tae Kwon-Do skills begin to develop.

New Moves

Stances

Sitting Stance - Annun Sogi

Defence

Wedging block - Hechyo Makgi
Outer Forearm high - Bakat Palmok Nopunde
Section block macki
Release - Jappyo Sultae

Attack

Straight finger tip thrust - Sun Sonkut Tulgi
Back fist high section - Dung joomuk yop taerigi
Side strike
Front snap kick - Apcha busigi chagi

Three Step Sparring - Sambo Matsogi 1 - 11



6th Kup Revision Sheet

Pattern: Won-Hyo 28 Moves

Was the noted monk who introduced Buddhism to the Scilla Dynasty in the year 686 AD

Blue Belt - Signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do Progresses.

New Moves

Stances

- Close ready stance A - Moa junbi sogi A
- Fixed stance - Gojung sogi
- Bending ready stance - Guboryo junbi sogi

Defence

- Circular Block - Dolli-Myo makgi
- Forearm guarding block - Palmok daebi macki

Attack

- Knifehand Inward Strike - Sonkal Anuro Taerigi
- Side punch - Yop jirugi
- Middle section side kick - Kaunde yop chagi
- Low section front snap kick - Najunde apcha busigi

Need to know as many body parts as possible.

- Two Step Sparring - Ibo Matsoki



5th Kup Revision Sheet

Pattern: Yul-Gok 38 moves

Is another name of a great philosopher and scholar Yi L (1536-1584) nicknamed the Confucius of Korea, the 38 movements refer to his birthplace on 38 degrees latitude and the diagram represents a scholar.

Blue Belt - Signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do Progresses.

New moves

Stances

X Stance - Kyocha sogi

Defence

Hooking block - Golcho Makgi

Twin Knifehand Block - Sang Sonkal Makgi

Double Forearm Block - Doo Palmok Makgi

Attack

Front Elbow Strike - Ap Palkup Taerigi

Back fist side strike - Dung joomuk yop taerigi



4th Kup Revision Sheet

Pattern: Joong Gun 32 Moves

Joong Gun is named after the patriot An Joong-Gun who assassinated Hiri Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part of the Korea-Japan merger. There are 32 movements to this pattern to represent Mr Ans age when he was executed at lui Shung prison in 1910.

Blue Belt signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon-Do Progresses.

Red Belt signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

New Moves

Stances

- | | | |
|----------------------|---|------------------|
| Close Ready Stance B | - | Moa junbi Sogi B |
| Rear Foot Stance | - | Dwit bal Sogi |
| Low Stance | - | Nachua Sogi |

Defence

- | | | |
|--|---|--------------------------------|
| Mid Section Reverse
knifehand block | - | Kaunde Sonkal Dung Makgi |
| Palm Upward Block | - | Sonbadak Ollyo Makgi |
| X Fist Block rising block | - | Kyocha Joomuk chookyo
Makgi |
| U Shaped block | - | Digutja makgi |

Attack

- Upper Elbow Strike - Wi Palkup Taerigi
- Low section side front Snap kick - Nopunde yopapcha busigi
- Twin Fist Vertical Punch - Sang Joomuk Sewo jirugi
- Twin Fist Upset Punch - Sang Joomuk Dwijibun jirugi
- Angle punch - Giokja Jirugi



3rd Kup Revision Sheet

Pattern: Toi-Gye 37 Moves

Toi-Gye is the penname of the noted scholar Yi Hwang (16th A.D.), an authority on neo-Confucianism. the 37 movements to the pattern refer to his birthplace on 37 degrees latitude, the diagram represents a scholar.

Red Belt - signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

New Moves

Defence

- W Shaped Block - San Makgi
- Low Double Forearm - Najunde Doo Palmok
- Pushing Block - Miro Makgi
- X Fist Pressing Block - Kyocha So Kyocha Joomuk
- Noolo Makgi
- Low Knifehand - Najunde Sonkal Daebi Makgi
- Guarding Block

Attack

- Upset Fingertip Thrust - Dwijibun Sonkut tulgi
- Back fist side - Dung joomuk yopdwi taerigi
- back strike
- Twin side elbow thrust - Sang yop palkup tulgi
- Knee Upward Kick - Moorup Ollyo Chagi
- Flat Fingertip Thrust - Opun Sonkut Tulgi



2nd Kup Revision Sheet

Pattern: Hwa-Rang 29 Moves

Hwa-Rang is named after the Hwa-rang youth group which originated in the Silla dynasty about 1350 years ago. This group eventually became the driving force for the unification of the 3 kingdoms of Korea. The 29 moves refer to the 29th infantry division, where Tae Kwon-do Developed.

Black Belt - opposite of white, therefore signifying the maturity and proficiency in Tae Kwon-Do, also indicates the wearers imperviousness to darkness and fear.

New Moves

Stance

- | | | |
|----------------------|---|------------------|
| Close Ready Stance C | - | Moa Junbi Sogi C |
| Vertical Stance | - | SooJik Sogi |

Defence

- | | | |
|--------------------|---|---------------------|
| Palm Pushing Block | - | Sonbadak Miro Makgi |
| Inner Forearm | - | An Palmok Yop Ap |
| Side front Block | - | Macki |

Attack

- | | | |
|---------------------------|---|-----------------------|
| Upward Punch | - | Ollyo jirugi |
| Knifehand Downward strike | - | Sonkal Naeryo Taerigi |
| Side Elbow Thrust | - | Yop Palkup Tulgi |
| High section turning kick | - | Nopunde Dollyo Chagi |

- | | | |
|-------------------|---|--------------|
| One Step Sparring | - | Ilbo Matsoki |
|-------------------|---|--------------|



1st Kup Revision Sheet

Pattern: Choong Moo 30 Moves

This was the given name to the great Admiral Yi Sun-Sin dynasty. he was reputed to have invented the first armoured battleship (kobukson) which was the precursor of the present day submarine in 1592 A.D. The reason why this pattern ends up with a left hand is to symbolise his regrettable death having no chance to show his unrestrained potentiality, checked by the forced reservation of his loyalty to the King.

Black Belt opposite of white, therefore signifying the maturity and proficiency in Tae Kwon-Do, also indicates the wearers imperviousness to darkness and fear.

New Moves

Defence

- X knifehand Checking Block - Kyocha Sonkal
Momchau Makgi
- Inner Forearm Middle Section - An Palmok Kaunde
- Inner front Block - Ap Makgi
- Twin Palm upward Block - Song Sonbadak Ollyo
Makgi

Attack

- Flying Side Piercing Kick - Twimyo Yop Cha Jirugi
- Reverse Knifehand Inward Strike - Bandae Sonkal Anuro
Taerigi
- Middle Back Piercing Kick - Kaunde Dwitcha Jirugi

NAMES

ENGLISH

Instructor

Students

Training Hall

Practice Suit

Belt

KOREAN

Sabum

Jeja

Do-Jang

Do-Bok

Ti

COUNTING IN KOREAN

1. Hana

2. Dool

3. Set

4. Net

5. Tasut

6. Yausut

7. Ilgope

8. Yaudul

9. Ahope

10. Yaul

TAE KWON-DO TERMINOLOGY

COMMANDS

ENGLISH

KOREAN

Attention.....	Charyot
Bow.....	Kyong-Ye
Ready.....	Junbi
Commence.....	Si-Jak
About Turn.....	Duiro-Dora
Stop.....	Goman
At Ease.....	Swiyo
Dismiss.....	Hae-San

STANCE

SOGI

Parallel.....	Narani Sogi
Walking.....	Gunnun Sogi
Sitting.....	Annun Sogi
L.....	Niunja Sogi
Fixed.....	Go Jung Sogi
X.....	Kyocha Sogi
Rear Foot.....	Dwit-Bal Sogi
Vertical.....	Soo-Jik Sogi
Low.....	Nachuo Sogi
Bending.....	Guburyo Sogi
Close.....	Moa Sogi

SECTIONS OF THE BODY

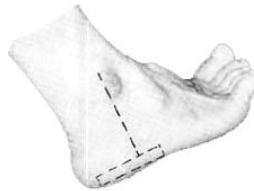
High.....No Punde
Middle.....Kaunde
Low.....Na Junde

PARTS OF THE FOOT

Ball of foot.....Apkumchi
Footsword.....Balkal
Instep.....Bal-Dung
Back-Heel.....Dwichoock
Knee.....Moorup



Ball of Foot - Apkumchi



Footsword - Balkal



Instep - Baldung

Toes - Balkut



Back Heel - Dwichoock

PARTS OF THE HAND

Forefist.....	Apjoomuk
Backfist.....	Dung-Joomuk
Palm.....	Sonbadak
Fingertip.....	Sonkut
Elbow.....	Palkup
Knife-Hand.....	Sonkal
R. Knife-Hand.....	Sonkal-Dung
Arc Hand.....	Bandalson



Forefist - Apjoomuk



Backfist – Dung joomuk



Knifehand - Sonkal



Reverse Knifehand – Sonkal Dung



Arc-Hand – Bandal son



Inner Forearm – An Palmok

Outer Forearm – Bakat Palmok

HAND TECHNIQUES DEFENCE

BLOCK

MAKGI

Inward.....	Anora
Outward.....	Bakuro
Low block.....	Najunde Makgi
Inner Forearm block.....	An-Palmok Makgi
Outer Forearm block.....	Bakat-Palmok Makgi
Forearm-Guarding block.....	Palmok-Daebi Makgi
Knifehand-guarding block.....	Sonkal-Daebi Makgi
Twin Forearm block.....	Sang-Palmok Makgi
Twin Knifehand block.....	Sang-Sonkal Makgi
Double Forearm block.....	Doo-Palmok Makgi
X-Fist block.....	Gycha-Joomuk Makgi
X-Knifehand block.....	Gycha-Sonkal Makgi
Rising block.....	Chookyo Makgi
Checking block.....	Momchau Makgi
Pressing block.....	Noollo Makgi
Wedging block.....	Hechyo Makgi
Circular block.....	Dolli-myo Makgi
Hooking block.....	Golcho Makgi
Upward block.....	Ollyo Makgi
U-Shape block.....	Digutia Makgi
W-Shape block.....	San Makgi
Pushing block.....	Miro Makgi
Sweeping block.....	Hullyo Makgi
9-Shape block.....	Gutja Makgi
Double Arc-Hand block.....	Doo Bandalson Makgi

HAND TECHNIQUES ATTACK

PUNCH

JIRUGI

Obverse.....	Baro Jirugi
Reverse.....	Bandae Jirugi
Front.....	Apjoomuk Jirugi
Vertical.....	Sewo Jirugi
Upset.....	Dwijibo Jirugi
Turning.....	Dollyo Jirugi
Upward.....	Ollyo Jirugi
Horizontal.....	Soopyong Jirugi
U-shape.....	Digitia Jirugi
Downward.....	Naeryo Jirugi
Twin fist.....	Sewa Jirugi

STRIKE

TAERIGI

Knifehand.....	Sonkal Taerigi
Reverse Knifehand.....	Sonkal-dung Taerigi
Back fist.....	Dung joomuk Taerigi
Upper elbow.....	Wi-palkup Taerigi
Front elbow.....	Ap-palkup Taerigi
Back elbow.....	Dwit-palkup Taerigi
Side elbow.....	Yop-palkup Taerigi

THRUST

TULGI

Flat fingertip.....	Opun-sonkut Tulgi
Straight fingertip.....	Sun-sonkut Tulgi
Upset fingertip.....	Dwijibun-sonkut Tulgi

FOOT TECHNIQUES DEFENCE

KICK

CHAGI

Crescent.....	Bandal-chagi
Checking.....	Cha-mum-chagi
Front rising.....	Apcha-olligi
Side rising.....	Yop-cha-olligi
Dodging.....	Pinagi

FOOT TECHNIQUES ATTACK

Front kick.....	Ap-chagi
Front snap.....	Ap-cha-busigi chagi
Side.....	Yop-chagi
Turning.....	Dollyo-chagi
Reverse turning.....	Bandae-dollyo-chagi
Reverse hooking.....	Bandae-dollyo-goro-chagi
Back piercing.....	Dwit-cha-jirugi chagi
Twisting.....	Bituro-chagi
Side thrusting.....	Yop-cha-jirugi chagi
Side pushing.....	Yop-cha-milgi chagi
Flying.....	Twimyo chagi
Flying high.....	Twimyo-nopi-chagi

PRE-SET SPARRING

- 1 Step - Ilbo Matsogi
- 2 step - Ibo Matsogi
- 3 Step - Sambo matsogi

3 STEP SPARRING

The attacker in 3 step steps forward in walking stance and performs a front middle section punch through the whole sequence.

Ready stance for the attacker is right foot back walking stance
outer forearm low block

NUMBER	BLOCK	COUNTER
1	Inner forearm, right foot steps back first block with left hand.	Reverse punch
2	Outer forearm outward, left foot steps back first, block with right hand.	Chop
3	Outer forearm inward, left foot steps back first	Back fist
4	Outer forearm outward, left foot steps back first	Measure double punch
5	Guarding block, right foot steps back first.	Step forward on 3rd step, block with left hand & punch with right
6	Knife hand guarding block, right foot steps back first.	As above but chop instead of punch
7	Outer forearm outward, right foot steps back first.	Side elbow
8	Outer forearm inward, left foot steps back first.	Reverse turning elbow
9	Guarding block, right foot steps back first.	Step to the right on the last puch, front kick puch
10	Guarding block, right foot steps back first.	As above, side kick back fist to temple
11	Guarding block, right foot steps back first.	Step to the left on the last puch, turning kick, chop to the neck.

2 Step Sparring

Ready stance for the attacker is right leg back L stance forearm guarding block. Ready stance for the defender is junbi sogi.

Number	Attack	Defence
1	Step forward high front punch, step forward again left Low Front Kick.	Step back with right Foot, high rising block; step back again X Block. Counter with Twin Punch to cheek bones
2	Step forward side punch, fixed stance. Step forward again Turning kick.	Step back with right foot L Stance, Palm heel block. Step back again Waist block, side elbow
3	Step forward Low Front Snap Kick, step forward again Twin High Punch	Step back with right foot Low X fist block, step back again Wedging block, knee strike.
4	Step forward walking stance flat fingertip thrust. Step forward again side kick.	Step back with right foot walking stance knifehand rising block. Step back again L stance inward palm block, front kick to coccyx twin punch to kidneys.

PATTERNS (TUL)

Essential Information about Patterns

The following points should be considered while performing patterns:

1. Patterns should begin and end at exactly the same spot.
2. The pattern should be performed in a rhythmic movement no stiffness.
3. Each pattern should be perfected before moving to the next.
4. Students should know the purpose of each movement.
5. Students should perform each movement with full speed and full power.

There are a total of twenty-four patterns in Taekwon-Do. The name of the pattern, the number of movements, and the diagrammatic symbol of each pattern symbolize either heroic figures in Korean history or instances relating to historical events

Continuous Motion

This has 2 moves with 1 breath which is equally split between the 2 moves. Each move uses a full Sinewave. Allows instant response to the attack.

Fast Motion

This has 2 moves carried out in rapid motion. There are 2 separate breaths and 2 Sinwaves, however to increase the speed the second is shortened.

Connecting Motion

This has 2 moves with 1 breath spread over the moves. There is only 1 Sinewave. Sets up for an immediate attack.

CHON-JI 19 moves

Means literally the “the Heaven the Earth”. It is in the orient, interpreted as the creation of the world or the beginning of Human history, therefore it is the pattern practised by the beginner.

DAN-GUN 21 moves

Is named after the Holy Dan-Gun, the legendary founder of Korea in the year 2333 BC

DO-SAN 24 moves

Is the pseudonym of the patriot Ahn-Chang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement.

WON-YO 28 moves

Was the noted monk who introduced Buddhism to the Scilla Dynasty in the year 686 AD

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DAN GUN

MOVE	ENGLISH	KOREAN
Ready	Parallel Ready	Narani junbi sogi
1	L stance, Knifehand guarding block	Niunja sogi, sonkal daebi makgi
2	Walking stance, high section punch	Gunnun sogi, napundi ap jirugi
3	L stance, knifehand guarding block	Niunja sogi, sonkal kaunde daebi makgi
4	Walking stance, high section punch	Gunnun sogi, napundi ap jirugi
5	Walking stance, low block	Gunnun sogi, najundi makgi
6	Walking stance, high section punch	Gunnun sogi, napunde ap jirugi
7	Walking stance, high section punch	Gunnun sogi, napunde ap jirugi
8	Walking stance, high section punch	Gunnun sogi, napunde ap jirugi – KI-HAP
9	L stance, twin forearm block	Niunja sogi, sang palmok makgi
10	Walking stance, high section punch	Gunnun sogi, napunde ap jirugi
11	L stance, twin forearm block	Niunja sogi, sang palmok makgi
12	Walking stance, high section punch	Gunnun sogi, napunde ap jirugi
13	Walking stance, low block	Gunnun sogi, najunde mackgi
14	Walking stance, rising block	Gunnun sogi, chookya makgi
Move 13 and 14 are performed as a continuous motion		
15	Walking stance, rising block	Gunnun sogi, chookya mackgi
16	Walking stance, rising block	Gunnun sogi, chookya makgi
17	Walking stance, rising block	Gunnun sogi, chookya makgi – KI-HAP

18	L stance, middle outward knifehand strike	Niunja sozi, kaunde sokal taerigi
19	Walking stance, high section punch	Gunnun sozi, napunde ap jirugi
20	L stance, middle outward knifehand strike	Niunja sozi, kaunde Sonkal taerigi
21	Walking stance, high section punch	Gunnun sozi, napunde ap jirugi
Step back with left foot to ready position		

DO-SAN

MOVE	ENGLISH	KOREAN
Ready	Parallel Ready	Narani junbi Sogi
1	Walking stance, high outer forearm block	Gunnun sogi, napunde bakat palmok makgi
2	Walking stance, middle section reverse punch	Gunnun sogi, kaundi bandae jirugi
3	Walking stance, high outer forearm block	Gunnun sogi, napunde bakat palmok makgi
4	Walking stance, middle section reverse punch	Gunnun sogi, kaundi bandae jirugi
5	L stance, knifehand guarding block	Niunja sogi, sonkal daebi makgi
6	Walking stance, straight fingertip thrust Release from grab, twisting the hand until palm facing down	Gunnun sogi, sun-sokut tulgi Japio Sultay – KI-HAP
7	Twist to - Walking stance, high back fist	Gunnun sogi, Nopunde dung-joomuk jirugi
8	Walking stance, high back fist	Gunnun sogi, Nopunde dung-joomuk jirugi
9	Walking stance, high outer forearm block	Gunnun sogi, napunde bakat palmok makgi
10	Walking stance, middle section punch	Gunnun sogi, kaundi jirugi
11	Walking stance, high outer forearm block	Gunnun sogi, napunde bakat palmok makgi
12	Walking stance, middle section punch	Gunnun sogi, kaundi jirugi
13	Walking stance, wedging block	Gunnun sogi, hechyo mackgi
14	Front kick	App chagi
15	Walking stance, middle section punch	Gunnun sogi, kaundi apjoomuk jirugi
16	Walking stance, middle section punch	Gunnun sogi, kaundi apjoomuk jirugi
Moves 15 and 16 are performed as fast motion		
17	Walking stance, wedging block	Gunnun sogi, hechyo makgi

18	Front kick	App chagi
19	Walking stance, middle section punch	Gunnun sogi, kaundi apjoomuk jirugi
20	Walking stance, middle section punch	Gunnun sogi, kaundi apjoomuk jirugi
Moves 19 and 20 are performed as fast motion		
21	Walking stance, rising block	Gunnun sogi, chookya makgi
22	Walking stance, rising block	Gunnun sogi, chookya makgi – KI-HAP
23	Sitting stance, side knifehand strike	Annun sogi, yop sonkal taerigi
24	Sitting stance, side knifehand strike	Annun sogi, yop sonkal taerigi
Step back with right foot to ready position		

WON-YO

MOVE	ENGLISH	KOREAN
Ready	Close Ready Stance A	Moa Junbi Sogi A
1	L stance, twin forearm block	Niunja sogi, sang palmok makgi
2	L stance, high inward strike	Niunja sogi, nopunde anora sonkal taerigi
3	Fixed stance, middle punch	Go-jung sogi, kaundi apjoomuk taerigi
4	L stance, twin forearm block	Niunja sogi, sang palmok makgi
5	L stance, high inward strike	Niunja sogi, nopunde anora sonkal taerigi
6	Fixed stance, middle punch	Go-jung sogi, kaunde apjoomuk taerigi
7	Bending leg stance	Goboryo sogi
8	Middle side kick	Kaundi yop chagi
9	L stance, knifehand guarding block	Niunja sogi, sonkal daebi makgi
10	L stance, knifehand guarding block	Niunja sogi, sonkal daebi makgi
11	L stance, knifehand guarding block	Niunja sogi, sonkal daebi makgi
12	Walking stance, straight fingertip thrust	Gunnun sogi, sun sonkut tulgi – KI-HAP
13	L stance, twin forearm block	Niunja sogi, sang palmok makgi
14	L stance, high inward strike	Niunja sogi, nopunde anora sonkal taerigi
15	Fixed stance, middle punch	Go-jung sogi, kaundi apjoomuk taerigi
16	L stance, twin forearm block	Niunja sogi, sang palmok makgi
17	L stance, high inward strike	Niunja sogi, nopunde anora sonkal taerigi
18	Fixed stance, middle punch	Go-jung sogi, kaunde apjoomuk taerigi

19	Walking stance, circular block	Gunnun sogi, dollimyo makgi
20	Low section front kick	Na jundi app chagi
21	Walking stance, middle section reverse punch	Gunnun sogi, kaunde ap-joomuk bandae jurigi
22	Walking stance, circular block	Gunnun sogi, dollimyo makgi
23	Low section front kick	Na jundi app chagi
24	Walking stance, middle section reverse punch	Gunnun sogi, kaunde ap-joomuk bandae jurigi
25	Bending leg stance	Goboryo sogi
26	Side kick	Yop chagi
27	L stance, forearm guarding block	Niunja sogi, palmok daebi makgi
28	L stance, forearm guarding block	Niunja sogi, palmok daebi makgi
Step back with the right foot to ready position		

YUL-GOK

MOVE	ENGLISH	KOREAN
Ready	Parallel Ready Stance	Narani Junbi Sogi
1	Sitting stance, measure punch	Annun sogi
2	Middle section punch	Annun sogi, kaunde ap-joomuk jirugi
3	Middle section punch	Annun sogi, kaunde ap-joomuk jirugi
Moves 2 and 3 are performed as fast motion		
4	Sitting stance, measure punch	Annun sogi
5	Middle section punch	Annun sogi, kaunde ap-joomuk jirugi
6	Middle section punch	Annun sogi, kaundi ap-joomuk jirugi
Moves 5 and 6 are performed as fast motion		
7	Walking stance, inner forearm block	Gunnun sogi, an-palmok maki
8	low section front kick	Na-jundi app chagi
9	Walking stance, middle section punch	Gunnun sogi, kaunde ap-joomuk jirugi
10	Walking stance, middle section punch	Gunnun sogi, kaundi ap-joomuk jirugi
Moves 9 and 10 are performed as fast motion		
11	Walking stance, inner forearm block	Gunnun sogi, an-palmok maki
12	low section front kick	Na-jundi app chagi
13	Walking stance, middle section punch	Gunnun sogi, kaunde ap-joomuk jirugi
14	Walking stance, middle section punch	Gunnun sogi, kaundi ap-joomuk jirugi
Moves 13 and 14 are performed as fast motion		
15	walking stance, hooking block	Gunnun sogi, golcho makgi
16	walking stance, hooking block	Gunnun sogi, golcho makgi
17	Walking stance, middle section punch	Gunnun sogi, kaunde ap-joomuk jirugi
Moves 16 and 17 are performed as connecting motion		

18	walking stance, hooking block	Gunnun sogi, golcho makgi
19	walking stance, hooking block	Gunnun sogi, golcho makgi
20	Walking stance, middle section punch	Gunnun sogi, kaunde ap-joomuk jirugi
Moves 19 and 20 are performed as connecting motion		
21	Walking stance, middle section punch	Gunnun sogi, kaunde ap-joomuk jirugi
22	Bending Ready Stance	Guburyo Sogi
23	Side kick	Yop chagi
24	Walking stance, elbow strike	Gunnun sogi, Wi- palkup taerigi – KI-HAP
25	Bending ready stance	Guboryo sogi
26	Side kick	Yop chagi
27	Walking stance, elbow strike	Gunnun sogi, Wi- palkup taerigi – KI-HAP
28	L stance, twin knifehand block	Niunja sogi, sang sonkal makgi
29	Walking stance, straight fingertip thrust	Gunnun sogi, sun-sonkut tulgi
30	L stance, twin knifehand block	Niunja sogi, sang sonkal makgi
31	Walking stance, straight fingertip thrust	Gunnun sogi, sun-sonkut tulgi
32	Walking stance, high outer forearm block	Gunnun sogi, na-pundi bakat palmok makgi
33	Walking stance, middle section punch	Gunnun sogi, kaunde ap-joomuk jirugi
34	Walking stance, high outer forearm block	Gunnun sogi, na-pundi bakat palmok makgi
35	Walking stance, middle section punch	Gunnun sogi, kaunde ap-joomuk jirugi
36	Jump into X stance, high section back fist strike	Kyocha sogi, na-pundi dung joomuk taerigi – KI-HAP
37	Walking stance, high section double forearm block	Gunnun sogi, nopundi doo palmok makgi
38	Walking stance, high section double forearm block	Gunnun sogi, nopundi doo palmok makgi
Step back with left foot to ready stance		

JOONG-GUN

MOVE	ENGLISH	KOREAN
Ready	Close Ready Stance B	Moa Junbi Sogi B
1	L stance, middle reverse knifehand block	Niunja sogi, kaunde sonkal dung makgi
2	Low section front kick	Najundi ap-chagi
3	Rear foot stance, upward block with palm	Dwit-bal sogi, ollyo sombadak makgi
4	L stance, middle reverse knifehand block	Niunja sogi, kaunde sonkal dung makgi
5	Low section front kick	Najundi ap-chagi
6	Rear foot stance, upward block with palm	Dwit-bal sogi, ollyo sombadak makgi
7	L stance, knifehand guarding block	Niunja sogi, sonkal daebi mackgi
8	Walking stance, upper elbow strike	Gunnun sogi, wi-palkup taerigi
9	L stance, knifehand guarding block	Niunja sogi, sonkal daebi makgi
10	Walking stance, upper elbow strike	Gunnun sogi, wi-palkup taerigi
11	Walking stance, high twin fist punch	Gunnun sogi, nopunde sewa jirugi
12	Walking stance, twin fist upset punch	Gunnun sogi, sewa dwijibo jirugi – KI-HAP
13	Walking stance, X fist rising block	Gunnun sogi, chookyo kyocha-joomuk makgi
14	L stance, back fist	Niunja sogi, dung joomuk taerigi
15	Release move to walking stance	Gunnun sogi
16	Walking stance, high section punch	Gunnun sogi, nopunde ap-joomuk jirugi
Moves 15 and 16 are performed as fast motion		
17	L stance, back fist	Niunja sogi, dung joomuk taerigi
18	Release move to walking stance	Gunnun sogi
19	Walking stance, high section punch	Gunnun sogi, nopunde ap-joomuk jirugi
Moves 18 and 19 are performed as fast motion		

20	Walking stance, high section double forearm block	Gunnun sogi, nopunde doo-palmok makgi
21	L stance, middle section punch	Niunja sogi, kaunde ap joomuk jirugi
22	Side kick	Yop chagi
23	Walking stance, high section double forearm block	Gunnun sogi, nopunde doo-palmok makgi
24	L stance, middle section punch	Niunja sogi, kaunde ap joomuk jirugi
25	Side kick	Yop chagi
26	L stance, forearm guarding block	Niunja sogi, palmok daebi makgi
27	Low stance, palm pressing block	Nachuo sogi, sombadak noola makgi
28	L stance, forearm guarding block	Niunja sogi, palmok daebi makgi
29	Low stance, palm pressing block	Nachuo sogi, sombadak noola makgi
30	Close stance angle punch	Moa sogi, Giokja jirugi
32	Fixed stance, U shape block	Go-jung sogi, digutia makgi
32	Fixed stance, U shape block	Go-jung sogi, digutia makgi
Step back with left foot to ready stance		

TOI-GYE

MOVE	ENGLISH	KOREAN
Ready	Close Ready Stance B	Moa Junbi Sogi B
1	L stance, inner forearm block	Niunja sogi, an-palmok makgi
2	Walking stance, upset fingertip thrust	Gunnun sogi, dwijibo sonkut tulgi
3	Close stance, backfist strike	Moa sogi, dung joomuk taerigi
4	L stance, inner forearm block	Niunja sogi, an-palmok makgi
5	Walking stance, upset fingertip thrust	Gunnun sogi, dwijibo sonkut tulgi
6	Close stance, backfist strike	Moa sogi, dung joomuk taerigi
7	Walking stance, X fist pressing block	Guunun sogi, gycha joomuk noola makgi
8	Walking stance, high twin fist punch	Gunnun sogi, nopunde sewa jirugi
Moves 7 and 8 are performed as a continuous motion		
9	front kick	Ap-chagi
10	Walking stance, middle section punch	Gunnun sogi, kaunde ap-joomuk jirugi
11	Walking stance, middle section reverse punch	Gunnun sogi, kaunde ap-joomuk bandae jirugi
12	Close stance, twin side elbow thrust slow	Moa sogi, sewa yop palkup taerigi
13	Sitting stance, W shape block	Annun sogi, san makgi
14	Sitting stance, W shape block	Annun sogi, san makgi
15	Sitting stance, W shape block	Annun sogi, san makgi
16	Sitting stance, W shape block	Annun sogi, san makgi
17	Sitting stance, W shape block	Annun sogi, san makgi
18	Sitting stance, W shape block	Annun sogi, san makgi
19	L stance, pushing block	Niunja sogi, miro makgi
20	Walking stance, grab head	Gunnun sogi,
21	Upward knee strike, pulling hands down	Wi-moorup taerigi
22	L stance, knifehand guarding block	Niunja sogi, sonkal daebi makgi

23	Low front kick	No jundi ap-chagi
24	Walking stance, flat fingertip thrust	Gunnun sogi, opun-sunkut tulgi
25	L stance, knifehand guarding block	Niunja sogi, sonkal daebi makgi
26	Low front kick	No jundi ap-chagi
27	Walking stance, flat fingertip thrust	Gunnun sogi, opun-sunkut tulgi
28	L stance, low block, back fist strike	Niunja sogi, no-junde mackgi, dung-joomuk taerigi
29	X stance, X fist pressing block	Kyoch sogi, kyoch-joomuk noola makgi – KI-HAP
30	Walking stance, double forearm block	Gunnun sogi, doo palmok makgi
31	L stance, low knifehand guarding block	Niunja sogi, najunde sonkal daebi makgi
32	Walking stance, circular block	Gunnun sogi, dolli-myo makgi
33	L stance, low knifehand guarding block	Niunja sogi, najunde sonkal daebi makgi
34	Walking stance, circular block	Gunnun sogi, dolli-myo makgi
35	Walking stance, circular block	Gunnun sogi, dolli-myo makgi
36	Walking stance, circular block	Gunnun sogi, dolli-myo makgi
37	Sitting stance, middle section punch	Annun sogi, kaunde ap-joomuk jirugi
Step back with right foot to ready stance		

HWA-RANG

MOVE	ENGLISH	KOREAN
Ready	Close ready Stance C	Moa Junbi Sogi C
1	Sitting stance, palm pushing block	Annun sogi, sombadak miro makgi
2	Sitting stance, middle section punch	Annun sogi, kaunde ap-joomuk jirugi
3	Sitting stance, middle section punch	Annun sogi, kaunde ap-joomuk jirugi
4	L stance, twin forearm block	Niunja sogi, sang palmok makgi
5	L stance, upward punch	Niunja sogi, ollyo jirugi
6	Fixed stance, middle section punch	Go-jung sogi, kaunde ap-joomuk jirugi
7	Vertical stance, downward knifehand strike	Soo-jik sogi, sonkal naeryo taerigi
8	Walking stance, middle section punch	Gunnun sogi, kaunde ap-joomuk jirugi
9	Walking stance, low block	Gunnun sogi, najunde makgi
10	Walking stance, middle section punch	Gunnun sogi, kaunde ap-joomuk jirugi
11	Left to right foot, pulling the palm in	
12	Side kick, then L stance knifehand strike	Yop chagi, Niunja sogi, yop sonkal taerigi
13	Walking stance, middle section punch	Gunnun sogi, kaunde ap-joomuk jirugi
14	Walking stance, middle section punch	Gunnun sogi, kaunde ap-joomuk jirugi – KI-HAP
15	L stance, knifehand guarding block	Niunja sogi, sonkal daebi makgi
16	Walking stance, straight fingertip thrust	Gunnun sogi, sun-sonkut tulgi
17	L stance, knifehand guarding block	Niunja sogi, sonkal daebi makgi
18	Turning kick	dollyo chagi

19	Turning kick, then L stance, knifehand guarding block	Dollyo chagi, Niunja sogi, sonkal daebi makgi
Moves 18 and 19 are performed as fast motion		
20	Walking stance, low block	Gunnun sogi, najunde makgi
21	L stance, middle section punch	Niunja sogi, kaunde ap-joomuk jirugi
22	L stance, middle section punch	Niunja sogi, kaunde ap-joomuk jirugi
23	L stance, middle section punch	Niunja sogi, kaunde ap-joomuk jirugi
24	Walking stance, X fist pressing block	Gunnun sogi, gycha-joomuk noola makgi
25	L stance, side elbow	Niunja sogi, yop palkup taerigi – KI-HAP
26	Close stance, front inner forearm block	Moa sogi, ap an-palmok makgi
27	Close stance, front inner forearm block	Moa sogi, ap an-palmok makgi
28	L stance, knifehand guarding block	Niunja sogi, sonkal daebi makgi
29	L stance, knifehand guarding block	Niunja sogi, sonkal daebi makgi
Step back with left foot to ready stance		

CHOONG-MOO

MOVE	ENGLISH	KOREAN
Ready	Parrallel Ready Stance	Narani Junbi Sogi
1	L stance, twin knifehand block	Niunja sogi, sang sonkal mackgi
2	Walking stance, high front knifehand strike	Gunnun sogi, no-punde yop sonkal taerigi
3	L stance, knifehand guarding block	Niunja sogi, sonkal daebi makgi
4	Walking stance, high flat fingertip thrust	Gunnun sogi, no-punde opun-sonkut tulgi
5	L stance, knifehand guarding block	Niunja sogi, sonkal daebi makgi
6	Bending ready stance	Guboryo sogi
7	Middle section side kick	Kaunde yop chagi
8	L stance, knifehand guarding block	Niunja sogi, sonkal daebi makgi
9	Flying side kick, land in L stance, knifehand guarding block	Twimyo yop chagi, niunja sogi, sonkal daebi makgi – KI-HAP
10	L stance, low block	Niunja sogi, najunde makgi
11	Walking stance, grab the shoulders	Gunnun sogi
12	Upward knee strike	Olyo moorup taerigi
13	Walking stance, high reverse knifehand strike	Gunnun sogi, no punde bandae sonkal taerigi
14	High section turning kick	No punde dollyo chagi
15	Middle section back piercing kick	Kaunde dwit cha jirugi chagi
Moves 14 and 15 are performed as fast motion		
16	L stance, forearm guarding block	Niunja sogi, palmok daebi makgi
17	Middle section turning kick	Kaunde dollyo chagi
18	Fixed stance, U shape block	Go jung sogi, digutia makgi
19	Jump and spin into L stance, knifehand guarding block	Niunja sogi, sonkal daebi makgi – KI-HAP
20	Walking stance, low upset fingertip thrust	Gunnun sogi, na punde dwijibun sonkut tulgi

21	L stance, back fist, low block	Niunja sogi, dung joomuk taerigi, najundi makgi
22	Walking stance, middle straight fingertip thrust	Gunnun sogi, kaunde sun-sonkut tulgi
23	Walking stance, high double forearm block	Gunnun sogi, doo-palmok makgi
24	Sitting stance, front middle forearm block, back fist	Annun sogi, ap-kaunde bakat palmok makgi, dung joomuk taerigi
25	Middle section side kick	Kaunde yop chagi
26	Middle section side kick	Kaunde yop chagi
27	L stance, checking block with X knifehand	Niunja sogi, kyocha sonkal momchau makgi
28	Walking stance, upward twin palm block	Gunnun sogi, ollyo sewa sombadak makgi
29	Walking stance, rising block	Gunnun sogi, chookya makgi
30	Walking stance, middle punch	Gunnun sogi, ap-joomuk jirugi
Step back with left foot to ready stance		